

Listening Leads to Miracles

By Carolyn Cathey

“The responsibility for your truth lies with you. Go within. Co-partner with the Divine for knowing the eternal truth. Don’t be afraid to question your spiritual mentor/God, or to argue, because arguing merely means you don’t yet understand. Keep asking. Listening. Until it lights up into an ‘aha!’ within you.” ~ Carolyn Cathey, Divine Messages from Jesus

It all started with a fun experiment. An experiment that, in late June of this year, shifted the direction of George’s and my life.

I’m sharing this with you because you’ve most likely already experienced something similar, or, perhaps your heart is whispering for you to step out into the unknown, and you might be hesitant to follow through. Perhaps this might encourage you to reconsider your options and to sift through your fears to discover what you really truly want.

As to this fun experiment that ended up changing our lives, you might remember that on Thursday evenings here, 6-8 pm, we have a Developing Intuition Group, or DIG. At one of the last June meetings, my name was drawn out of a basket to be the recipient of a spiritual reading from a woman over skype who said among other predictions, I would be moving within 2 years, maybe to Oregon, would have a new, funkier colorful wardrobe, be speaking in other churches, and among other things she mentioned, was that I should be studying energy healing work like Reiki. After our class, Ani handed me a box labeled “Energy Healing” and said I might enjoy looking it over, that it enclosed a book but the box was missing the pendulum. Another member of our group overheard her and said that he found a pendulum in a parking lot and I could use that one. I’d never used a pendulum or even considered using one, but with the opportunity I thought, why not? They demonstrated how to use it, and they shared that it is merely one tool among many of the infinite ways of communicating with the Divine, my spiritual mentor and spiritual team. I’m not suggesting you rush out and buy a pendulum, but am merely sharing my own, and I must say, rather amazing experience.

That same night, and not knowing anything about how to use it other than yes and no responses, I thought it would be fun to play with it and see what happened. By then, our daughter had recently announced she was moving back to Tulsa, and since we shared a rented residence, that meant George and I would also be looking for a new place to rent. Curious as to what I would get in answer, where we would move was my first having-fun just-playing question. I asked about moving somewhere in Fort Bragg. No. No? It really said no? Okay, in continuing to play the game, I asked about somewhere in California. No? Hmmm. Oregon? No. Maybe that was all it could answer, or I wasn't doing it right. Laughing with my strange experiment and wondering how to find out where we MIGHT live with only yes and no answers, I asked, does the state start with an A? Yes! My first positive answer. Suddenly this went from merely having fun to intriguing. I went through Alaska, Arkansas, Alabama, all with no's, then Arizona. Yes! Really? Arizona? Surely that was a flawed response. I would never move to Arizona. Continuing with the game, I mentioned Phoenix, Arizona, no, then Flagstaff, no, and the only other town I could think of without looking at map was Sedona. Yes? For Sedona? Really? I laughed. So funny. I immediately emailed Ani and told her she was going to have to teach me how to use the pendulum because, according to it, I was moving to Sedona! LOL, which in computer language means Laugh Out Loud.

Except, Ani got the same answer, that yes, I would be moving to Sedona. This is crazy, I thought. There is no way that would ever happen. Out of all the places in the world, why Sedona? And **if** it was true, which is surely wasn't, how would I mention such a weird thing to George, my patient, wonderful supportive husband of almost 58 years, and whom I dated 3 years longer than that, that we MIGHT, in a strange kind of unbelievable way, be supposed to move to Sedona, AZ. The same George who said when we moved he'd love to stay by the ocean and in a temperate climate. Besides, this was just an example of ignorance in action, right? A misunderstanding. I honestly didn't even know how to bring the subject up with George without sounding crazier than I felt.

Except, the most amazing thing happened.

As I was shutting down the computer a couple of nights later, he said, "I keep thinking that Sedona would be a good place for you, with people who think like you do, of like mind. I think you'd do well there. Why don't you look up the cost of living in Sedona?" After several stunned moments ticked by, I said, "Good idea." And turned my computer back on. Later that night, after coming to bed, this fabulous man who

claims that visions and Divine messages aren't his thing, but that he supports me in that I do, said so very softly that I had to listen carefully to hear him, in a voice that didn't even sound like him said, "Do you see a stream flowing away from us?" I said, Screen? He said, No! Stream, do you see a stream flowing away from us. Shocked, I asked, "Do you?" He answered "Yes, I see a stream flowing away from us." Then a few heartbeats later, he said in an intense voice that also didn't sound anything like him, "I get a strong urge that we should move to Sedona. A REALLY STRONG urge." Stunned, I spent a lot of the night pondering that perhaps this wasn't a joke, or just a fun game, but our real, we're supposed to do this, future. This was too bizarre not to pay attention.

The next morning, I looked up Sedona on the Internet. The link I clicked on showed a video of a drone-type camera following stream that was leading away from me, through the red rocks, and valleys and forests, toward Sedona. A stream flowing away, like in George's vision the night before.

Except, the next morning, he denied ever saying such a thing, that it didn't sound like what he would say, that I must have dreamed it, and besides, we're almost 77 and 79 years of age. People don't change their lives at our age, this is the time is when people settle down and just live out their lives, AND, who would even consider such a crazy move on the basis of a pendulum swing. To add to the reality of his comments, in December of 2014 I was diagnosed with pulmonary fibrosis, a fatal disease that scars your lungs until you can't breathe, and which took both my father, one of my sisters, and a dear friend within 2 years after their diagnosis. I will add here, though, that I's been almost four years and with the marvelous healers here, and the courage to try some medical marijuana, I feel better now than I did thirteen years ago. So, in what I considered the facts, when you added up our age, and health, and liking where we are, the idea of moving to Sedona, especially on a pendulum I didn't even really know how to use, seemed insane.

However, the door to a potential new life adventure had been opened. We could say yes, or no. George didn't realize it at the time, but the message that deliberately and distinctly came through him was my validation that this was the truth. I did not dream it. I was awake. The message came through the very source I could trust – a message through my husband. "Listen", my inner voice whispered. "Pay attention. Trust", AND, the big one, "your health and age don't matter and are not even a consideration. That there is much more life yet to live, to serve, and to enjoy. Like so many people do, DON'T SIT AROUND WAITING TO DIE... Dare to live it to its fullest with every moment and with every breath you

have left while in the physical.” Wow, what an enticing message. It opened up even more my too small world into a larger consideration.

Can you feel the strong, yet gentle and sometimes not so gentle urgings that George’s and my lives were about to shift? What might you have decided in our situation? Yes? Or no? Or reject it all as nonsense.

At the very next Intuition meeting, I received even further corroboration. During a group automatic writing exercise they did by using me as the test example, and except for Ani and Michael Lott, none of them aware of what happened with the pendulum the week earlier about Sedona, the messages, every one, were like they went through the experiences with us. They mentioned receiving messages of my following a stream, wind blowing my hair as I traveled down a road, that the climate would be good for my lungs, about art communities and colorful clothes and more. PLUS, other intuitives like Reverend Wyldflower and Ani said that they received an inner knowing that this move is exactly the highest and best direction for us.

BUT, and perhaps you can relate to this, not only did it all seem ludicrous, but fear wriggled through my freaked mind like a worm leaving doubt in its trail. It’s one thing to think its a fun joke that would never happen, but entirely different when you realize your life is getting ready to take a huge leap into the unknown. It was like, wait a minute! Let’s think about this.

I repeatedly and ad nauseum questioned Jesus and my spiritual team - what about a livable income when we’re only on Social Security, where we would live, What I would do to share the Divine messages, (because I was told that was one of the reasons), besides, it gets hot there in the summer, and the altitude might make it difficult for us to breathe, AND, it’s in the DESERT, with cactus! With that complaining thought a book practically leapt into my hands that I’d never looked through before of photos of where Jesus lived and taught, which, of course, was the desert and high desert, and he lived there for 33 years, his entire life). So, okay. But, what if I make a fool of myself, what if none of this is real, (I mentally shouted that this better not be one of those Abraham moments when he thought he was to kill his own son, and then was told never mind, just testing) what if we become homeless? I pictured myself living under a Saguaro cactus at night and eating cactus buds, just daring a mountain lion to come my way. Over dramatic, right? But the mind can so easily go that direction, because the mind is responsible for our survival and protection.

While I was listening to the screams of my panicked survival-mode mind yelling are you crazy??, part of me was listening between the shouts to the whispers of my heart. Between all the fearful reasons not to listen to my inner voice, my heart, was a budding excitement, a longing for a new adventure, encouragements to take a closer look at this unexpected opportunity. You will love it. You will thrive.

Please realize I could always say no, as can you – that is our power of free will, we can always say no, we can always respond with a “you’re just kidding, right?” Or, “It’s too scary. Nope, not going there, absolutely not.”

And yet, And yet...how could I say no? Especially if that is what the Divine says is right for us! What might I be missing if I refused to go where the Divine is urging me to go. Do I trust? Or not? Don’t we all do that, though? Can you relate to the angst of unpredicted life-deviations? Don’t we often allow our fears to interfere with our glory? My heart urged me to listen. Listen. Trust. And listen even more.

These decisions are easier to make when there is only one to consider. But, I’m not the only one involved! What about George? Do you want to know what he told me? That Sedona isn’t at all what he had in mind, but if that is where I’m going, he loves me and will support me in whatever I choose to do, and will go where I feel I’m being led to go. Wow. He is so amazing. I’m so very blessed.

With that, we’d crossed a big obstacle – for not only were we both amenable to it, but something started shifting in my soul, urgings, whisperings that this is the perfect decision for us. Inner feelings that if we didn’t, we’d feel stagnant and claustrophobic, boxing ourselves in with our fears.

We said, yes, let’s go for it. Another step forward in following that stream that is flowing away from us. It went from fear, to feeling right. Do you know that feeling? You can’t explain and you don’t have all of the answers, but it just feels right? I also kept getting the message to enjoy the journey. To enjoy where I am, to savor it, to relish each step along the way, and not to be so eager to get from here to there – that it’s the getting there that is our life! It’s the steps along the way that are precious.

I trust, and trusted. And I knew in my heart that the Divine would take care of us, but somehow trust only goes so far. We went online to search for apartments, or a place to live. The Divine kept telling me everything was being taken care of and it was all under control. But, just in case, we kept searching.

Then, in one of those coincidences that is not a coincidence, our daughter did a home reorganizing job for a woman we know, who when she found out we were moving to Sedona, gave us the contact for a

couple we knew who used to live here and are now living in Sedona. When I talked with her, LaDonna offered a cottage of her cousins for us to rent for a couple of months, at the perfect price, and was only 2 miles away from them, which would give us a chance to look around to find what we like. And if the two months ran out, she had a time share, and a guest bedroom, so everything would be fine. Well, well. The inner voice was correct. It was all being taken care of without our trying to find something through the internet.

With the housing part taken care of without our help, we reached a new level of trust. We decided to quit dragging our past behind us with furniture we'd had for decades, and to get rid of everything except what would fit in the car. A new adventure required a new look. No moving van, no storage units. Just, go. I'll admit we tease ourselves that we've been duplicating Steve Martin in the movie, *The Jerk*, when he is leaving for good, and doesn't need to take anything with him, except for his remote control, and this paddle board, and the dog, no not the dog (because it bit him), oh and he needs this chair, and this magazine... No, just what fits in the car.

I hope I'm not boring you or belaboring the process, but I'm going through this it for a reason – to encourage you follow the urgings of your heart. Don't let fear cheat you out what could be the most joyous decision you could make.

I also encourage you to listen to yourself. Are there stories you keep telling yourself that are really lies? Are you basing your life on lies? Listen to yourself – to your heart, to your inner voice – and yes, listen to your fears. Your fears tell you most clearly what holds you back from the magnificence that is yours to experience.

I learned something incredible through this last step into the unknown. Something that is the opposite of what I've always felt.

After the housing fell into place without our help, I've changed. I've discovered that not knowing is part of the magic - the unfolding in miraculous ways that we never, in our little finite minds, would not have ever considered – like our moving to Sedona, knowing that the Great Mind, with the over-all God-sized picture and overview, has more potential in mind for us than anything we could ever, in our wildest imaginings, create. Something grander, more glorious, more amazing. I now relax into that. I erase the old what I thought were necessary and totally Carolyn-created barriers, and open to the possible. That, too, is part of the adventure. If you know all of the details, you lose the adventure. You are then following

a too-confining structure of your own making. Boring. Limited. Uninspiring. Open up to not-knowing. Open up to trust. Now it's like, bring it on. Amaze me. And only the highest and best please, because that is all you have to offer, and I won't settle for anything less.

Going through life challenges and growth changes us, and very often whether for good or for ill, is up to us – our attitude, our choices based on our attitude.

I'd also like to share this from going through this latest life-challenge:

1. Go for it. If you don't, you'll never know. You might always wonder if you missed out on the greatest event that was to happen in your lifetime. One of those life-end regrets that is too late to change.
2. Choose to live life to the fullest. Say, I want it all. Decide to experience the highest and best that is possible to experience. Anything less, you cheat yourself, you cheat the world.
3. Don't sit around waiting to die. Even if you're already ill. The last breath comes soon enough. Enjoy the moment, but remember, this moment is a result of past choices! We sometimes forget that. So choose well. But choose even more than well. Choose the best. Choose the most enriching. Choose life to the fullest while you still can.
4. Every time you face your fears and step out in faith by trusting, you strengthen, you grow, you expand into even greater God-confidence.
5. Commitment. The first step is a doozy. But with that courage, comes Universal Divine support just waiting for your first step. That leap cannot be made for you. You have to choose to do it yourself. Once you do, it seems miraculous how the Universe supports you in ways you never imagined. If you are being Divinely heart-urged to do a particular action, gather your courage and take that first step.
6. Surrender: I've learned that Surrender is more than releasing, it is, in reality, receiving. We have to release the fears and blockages and surrender to the Ultimate Force in order to make room for all of the fabulous receiving. Don't we all want to receive whatever is the best for us? Then we have to make room for it. The more room we make, the more grandness we receive. So empty it all out and say I'm ready to receive, with gratitude!
7. As a final before a guided meditation, I encourage you to listen to your own heart-urgings planted by the Divine. They might not be as drastic as moving to a new location, but if it is something

tugging at you, something that will bring you joy, then pay attention. Listen to your heart. Listen to your feelings. Listen to your intuition and your inner voice. Listen carefully, what is it whispering to you? Then go for it.

Beyond the walls – a Guided Meditation

I'd like to share a vision meditation I received that I call "Beyond the Walls".

If you feel comfortable doing so, close your eyes. Take a relaxing breath. With the release of your breath let the tension drain from your body into the center of the earth. You are safe on this journey. Breathe. Relax.

Imagine sitting within a small room that floats in space like a bubble. The wall is constructed out of your beliefs and it appears solid and you can't see past it. The belief-bubble surrounds you, enclosing you within what you have determined is the truth and that nothing exists beyond those beliefs. You sometimes wonder if there might be more, but at least you know where you fit in with these truths that you have developed throughout your lifetime. The room feels safe. Small, but safe. But sometimes you wonder...

The very thought of wondering if there is more, pops you outside of the bubble. You are now in space and you see your smaller self through what is in reality an invisible made-up bubble where inside you are sitting all cramped thinking that that is all there is. You're astonished you've chosen such smallness for yourself. Curious as to this larger surrounding space, you look around you and see numerous little bubbles floating in space with people in them thinking that their belief-bubbles are their world of truth and is the only truth and that nothing exists beyond their beliefs.

But you've grown and are larger now, and as you look around you, you see that the Universe is huge, vast, unlimited. You realize you are part of a larger Universe with Universal Truths too immense for the imagined restrictions of a tiny bubble – not that your beliefs are wrong, but that they are only a miniscule part of a larger immensity impossible to stuff behind man-defined barriers. You breathe deeply as this larger Self senses the Universal Mind all around you, within you, feeling the Creator's Mind calling you to something larger, grander than you ever dreamed existed. You feel yourself growing larger within that Mind, expanding and dissolving into the All That Is - discovering that More is really Less, more simple, less complicated. Because the Great Truth is that you are one with the Unlimited, you are Divine

Love breathed into individualized form, a love that encompasses all of the Divine Gifts that comprise the oneness: Unlimited Love, yes, but also Unlimited wisdom, abundance, joy and true peace – benefits you cannot earn but are freely given, gifts you freely open to and receive with gratitude. Here, within the Divine that is within you, there are no barriers. And it feels so right, so freeing as if shedding a too-small skin. You feel totally loved and loving and safe and right where you belong. Luxuriate in the freedom and stretch even more, reaching, expanding.

From this viewpoint you see far below you that the barrier of your belief-bubble you once thought so solid isn't created of truth at all, but of fear. You had once falsely believed it kept you safe, but now you see that it traps you from living the fullness of the abundance that is yours just beyond the wall. How can you even consider cramming yourself back within that claustrophobic prison after experiencing the vastness of the Universe? You no longer fit because you are the larger Truth. Liberating yourself, you sweep your hand, dissolving the bubble that was only the mist of your too-small beliefs. You now know without doubt that no matter where you go while in the physical or what you do or with whom you share your life, you always and forever are overflowing with the Divine Love that is you. You are one with the Universe. Unlimited. You are magnificent!

And together we can say, and so it is. Amen.

I love you and God bless you!